THE NATURAL PRODUCTION OF HAIR,

OR ITS

GROWTH AND DECAY,

BEING A GREAT AND

CORRECT ASSISTANCE

TO ITS DURATION,

Likewiſe to ſtrengthen, and lengthen the Hair,

THE REMEDIES, WAYS, AND MEANS, AS FOLLOWS;

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BRITAN
NICVM

PREFACE.

ONCE *again I humbly beg leave to addreſs the generous public, and here I think it but my duty to acknowledge the pleaſure it has given me, the univerſal approbation, of the uſefulneſs of my art of Hair-Dreſſing. The comment of this treatiſe is to point out the diſeaſes of Hair, and the proper remedy requiſite to be uſed for its preſervation, as being of the greateſt value for it ornament; and may be deemed a matter of no ſmall ſurpriſe, that it has eſcaped the moſt wiſe and learned authors, and philoſopical writers, ever to have given a comprehenſive idea, or deſcription of the nature of Hair, which muſt be allowed to be of itſelf, ſuperior to every other covering or ornamental dreſs.*

Added to the fine figure of a handſome Lady, and powdently diſplayed, ſuitable to age and features, far ſurpaſſes the brilliancy of diamonds, in luſtre, elegance and eaſe, words are not ſufficient to expreſs the adoration or value of good Hair; my readers, I hope will excuſe the little obſervations I have made upon divers ſubjects, in the courſe of this ſmall, but conciſe treatiſe, as it was really neceſſary to lead to a thorough underſtanding of the different facts, without ſuch reaſoning, the whole would be confuſed and loſt; therefore I beg leave to conclude, but in hopes of your more able determination in my favour, on which reſts my further ſatisfaction and ſucceſs, &c. &c.

HAIR like all other providential things was intended for a covering to the head, and is produced, as the graſs of the field or any other flower, or ſhrub, from heat and moiſture, from the firſt appearance of either to the extent of there growth, are of the ſelf ſame nature; for inſtance, as too much heat drys up the ſubſtance, and ſcorches the produce of the earth, ſo too much cold, wet or dampneſs, will prevent the growth of either.

The Hair in general grows according to the ſtate of the body, blood, and conſtitution, whether ſtrong, healthy, weak, languid, or indifferent condition.

But ſtill the Hair will grow, in ſome caſes, when body, blood, and conſtitution are all diſordered, in ſuch illneſs as cauſe a gentle preſpiration, conſumption, &c. &c.

The Hair will then grow and that rather faſter than in perfect health, but ſome ſhort time after recovery you may perceive the Hair coming off from the roots, and partly with the roots, which is a ſmall whitiſh round knob from the matter or ſubſtance it contains; and, as I am told, full of various ſmall ſprigs which receive the diſcharge from the head that nouriſhes and ſupports the Hair.

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But here its impoſſible to ſpecify any fixed length of time after recovery from any illneſs before the Hair begins to fall or come off, as that happens variouſly, whether its being occaſioncd by the greater or ſmaller relaxations of the head during the illneſs, as the Hair is often known to come off immediately after ſtrong brain fevers, and other diſorders that effect the head much; and in all ſuch diſeaſes the Hair ought to be cut off, if not the head ſhaved; and in many other diſorders the Hair will not begin to come off for a month or ſix weeks after perfect recovery, and then comes off and ſo continues until ſcarce a Hair is left, and that of a hard dry nature and ſeldom ever comes to any perfection; therefore as ſoon as perfectly recovered cut the Hair ſo ſhort as barely to dreſs.

Now I ſhall make ſome obſervations upon the Hair of Children, or Hair in its infant ſtate, for inſtance, a child born dark haired generally becomes black haired by the time he or ſhe arrives at the years of eighteen or twenty, and lightiſh couloured becomes brown, and fair Hair in proportion ſo much darker, but red Hair is the ſtrongeſt of all.

Therefore as the humors of the body increaſe in quantity to a certain age, ſo they get groſſer in quality likewiſe, and ſo the Hair as before continues to grow darker, and at a very early age ſome have got gray Hairs which there are in all the various colours, but moſt eaſily diſcernable in the dark brown colours, and are occaſioned by divers conflux; over hot moiſture, and from ſuch as ſorrow, care, intenſe thought, or any thing that oppreſs or diſtreſs the mind, co-operate with the brain, ſo that it ſendeth forth a hot watery excrument

excrument for nouriſhment to the Hair, and that in a ſhort time changes its colour, and its commonly the ſtrongeſt Hairs on the head that is firſt gray, and on the top and fore part of the head.

But as to people's growing not only gray, but white haired in the courſe of one night's time, as frequently reported, there never was any ſuch thing, I have known ladies gray for years and on ſhowing them a gray Hair when almoſt one half of their Hair was white, ſeemed ſtruck with ſurpriſe at the ſight and aſked me if I could ſee any, or many more; therefore in ſuch caſes as theſe it might eaſily be ſuppoſed ſo to happen in one night, but no inſtance of its reality was ever known to take place in ſo ſhort a time, but is occaſioned by the hot moiſture diſcharged from the brain, as further inſtances follows; on examining natural curled Hair we find that the force of heat applied by hot irons, &c. will bring out the natural curl, and that wet, or damp, has but very little impreſſion upon it, but retains its buckle in all weathers; and likewiſe, that heat will force ſtrait lank Hairs into curl, to any heighth you pleaſe to roll and pinch, or curl it, for this reaſon, the hot irons ſo much heats the cold damp air and perſpiration contained in the points and body of the Hair which is the cauſe of its ſtraitneſs, and the Hair will keep in this force curl for ſome time according to the heat applied thereto, or cold it may meet with, but as ſoon as that natural damp moiſture over powers the forced heat it immediately becomes ſtraight and lank as before it was pinched, or curled; which may eaſily be obſerved in dancing, or any other quick exerciſe, that occaſions

a ſudden, or extra free perſpiration, which ſo much ſooner diſcharges itſelf, to the ends of the Hair, but becomes cold and damp, by the time it reaches the points thereof; having oppreſt the forced heat downward, throughout the body of Hair, it then becomes ſtraight as at firſt, before it was curled or pinched, and according to the various natures, there are people who's perſpiration is very hot, and others very cold, and ſome neither too hot nor too cold, but proper in both, heat and moiſture for ſupporting and nouriſhing the Hair to any length, with proper management.

Now the way to know the different growths here for inſtance, that produced by over great heat, is very curly, frizly and dry; the over cold, ſtraight and lank, and neither of theſe grow very quick, as there is too much heat in the one, and too much cold in the other; but the quickeſt growing Hair is nouriſhed, with moderate heat and moiſture, and thereby you may know the real cauſe of the defect, whether it ariſes from the over heat, or cold, by which means, you can more eaſily uſe the propereſt remedy for its ſupport.

That frizly dry Hair requires pomatum frequently, although no powder is uſed, and more ſo when it is; and the ſtraight, lank Hair, requires powder, combed through it once or twice a week, without any pomatum at all, for to cleanſe the head, and take off the greaſy perſpiration, which reſts upon the Hairs, when there is not powder uſed in general, as it ſtagnates the proper heat and nouriſhment, which is requiſite to enliven and increaſe their growth.

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But for all defects, there is ſeldom but one remedy, whether it ariſes from heat, or cold, &c. and that in general is cutting, and to uſe pomatum and powder, and that done by an experienced hand, once in the month or ſix weeks is not ſufficient, though frequently the caſe with a great many people, who would not ſcruple a little expence and trouble, either to redeem their Hair, or increaſe its growth, did they but know what to apply, and how to apply it properly.

Therefore, I will laydown a ſufficient rule to go by cutting the Hair, as before, is an undeniable remedy, both for its preſervation and growth; pomatum and powder of courſe comes next, and when duly and properly applied, will almoſt anſwer every purpoſe, but whoever chuſes to have their Hair filled with powder, let them not be ſaving of pomatum, as it anſwers more than one purpoſe, for inſtance, if dry powder is lodged amongſt the Hairs, it will in courſe weaken and exhauſt them, by extracting the heat and moiſture that is diſcharged from the head, and is the natural ſupply of the Hair, when you intend to fill or mix your Hair with powder, obſerve not to rub too much pomatum upon the head, or top part of the Hair, as it ſerves no good purpoſe, but contrary, over heats the head, and therefore would be very pernicious to both health and Hair, divide it according to its thickneſs, and the quantity of powder you intend to mix with it, if the Hair is thick, and you intend to fill it well with powder, divide the Hair in three diviſions, but not at once, but divide it in two, the third part of it uppermoſt, which you will turn over the crown of the head, then take ſome pomatum, and work well between your hands, and apply to

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the hollow of the head, and from the roots of the Hair to the points thereof, than powder in proportion, combed regularly through it, then take that part of the Hair that is turned over, and divide in two, the leaſt part of the Hair uppermoſt, than take more pomatum and apply to the Hair as before, then let the two under parts together, and run your comb through both, and ſo pomatum the upper parts in the ſame manner, particularly towards the points of the Hair, as they require, more nouriſhment outwardly, the diſcharge of heat and ſweat from the head, into the roots of the Hair, is ſo diminiſhed towards the points, that it is not ſufficient to enliven them, therefore if pomatum is not properly and duly applied to them, more than the roots of the Hair, to make up the deficiency of heat and moiſture, requiſite, which the air extracts from the body of the Hair, eſpecially towards the points, which becomes hard and dry, and then ſplits in two or more pieces, and is termed amongſt Hair-Dreſſers, forkt, or forked, and if the points is not ſoon after cut, all the Hair will ſuſtain great injury from the points being thus ſplit, the air ſo much eaſier enters into the Hair, and extracts therefrom the heat, and oppreſs the moiſture, ſo that towards the ends and points, the Hair becomes ſcorched or weather-beaten, but by rubbing a ſufficient quantity of pomatum towards the ends, will in a great meaſure prevent the above defects; but once or twice will not do, but paying a regular attention thereto.

Strange as it may appear, burning the points of the long hair, or hair behind, is rather preferable to cutting them, and here I will lay down a very juſt and ſufficient reaſon for its veracity; the long Hair, or Hair behind

behind, does not grow ſo faſt as the front Hair, by reaſon of the extra heat in the fore part of the head, and when the points of the Hair is burned, there is a knob, or knot left upon each point that is burned, ſomething reſembling its roots, which for a certainty prevents the air penetrating into the body of the Hair, for ſometime after, conſequently the Hair muſt be greatly benefitted, by the natural moiſture, or diſcharge of ſweat from the head into the Hair, during the continuation of the ends thereof being ſhut up, prevents the acceſs of air into the points, which as before, extract the heat and oppreſs the moiſture therein contained; and likewiſe in this country, we can eaſily perceive that the Hair grows much faſter in ſummer, than it does in winter, from the heat and perſpiration.

Then obſerve, particularly the Hair upon the breaſts of men, and other parts of their body, which is of a curly, or frizly, hard, dry nature, from the great heat and want of common air, when at the ſame time, the Hair of the head may be ſtraight and lank; likewiſe there is the Hair or beard upon the face or faces of men, to which women are but very little liable to, and thoſe who are conſequently of a ſtrong, maſculine nature, nor are they liable to baldneſs at all, as men are.

I could enlarge greatly upon this ſubject, but ſhall confine myſelf to a few obſervations, which I cannot properly avoid, for example, thus men retain much more blood than women; which ſo over heats the excrements that nouriſh, or ought to nouriſh, and ſupport the Hair, that they are daily diminiſhed thereby, and in time will wear off the whole Hair, particularly that

that upon the top and forepart of the head, but that ſeldom takes place before the age of thirty, forty, or fifty years, &c. whereas the female ſex, from the age that they are properly ſtiled women, are greatly reduced in their growing ſtrength, by reaſon of the courſe of nature to which they are ſubject, not only reduce them in their bodily ſtrength, but in their mind, or knowledge, much inferior to men, who at that age, are only becoming formed and getting natural ſtrength, by their containing more blood; whereas females from that age, are frequently diſordered in their health, and therefore they are fairer and more delicate in their perſons, the pores in their ſkin are ſmaller, eſpecially the upper part of their body, from the reaſons already given; their Hair generally lighter, or at leaſt more moiſt and ſofter, and durable to any age, as their diſorders carries downwards a great part of that ſtrong and active heat from the brain, that men retain, and is the very cauſe of their becoming bald as before. As no inſtance of baldneſs is ever known in women, except occaſioned by hurt or injury of ſome kind; but they are much weaker in their nerves, and more liable to hyſterics, but not near ſo much to real madneſs, which is the only caſe that the moon touches or effects the nature of men, and then only thoſe half-witted or weak in knowledge. I here ſuppoſe the palpitation of the heart and nerves, which co-operate with the brain, to be ſtronger and much more vapourous in men, and like the flowing of a ſpring tide in rapidity, to that of a deadneap or low tide, who's various motions are regulated by the moon, in her full and and change; and therefore women from their other moonly courſes, have been eaſily led to believe, that

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their Hair ſhould be cut the firſt quarter of the moon, or before it is full moon, otherwiſe it will be very prejudicial and ruinous to its growth ever after; but I poſitively aſſert it to be a frivilous weak aſſertion, without truth or reaſon; we may as juſtly ſuppoſe the flowing and ebbing of the tide, which is twice in the twenty-four hours, as well as the increaſe or decreaſe of the moon, as they are conjunct and unvariable in all their actions; therefore I ſay that the Hair may be cut any time of the moon's, increaſe or decreaſe, or any hour of the day or night and it will anſwer the intended purpoſe, if properly done; further, as to the various growths, you may eaſily perceive, that the Hair upon the fore part of the head, grows much ſtronger and thicker in Hair, lighter in colour and quicker in growth, which is by reaſon of the extra heat of the brain that occaſions its quickneſs in growth, thickneſs and ſtrength, but as its being lighter in colour, is owing to its being ſo much younger than the Hair on the back part of the head, and this extra heat of the brain often increaſes ſo very much, as to dry and diminiſh the Hair, and by degrees wear it off all together, till the fore and top part of the head become entirely bare; and as this hot excrement, greatly increaſes in heat, more than naturally poſſeſſed at the age of fifteen or twenty years old; therefore ſo much leſſens the perſpiration or diſcharge that ought to nouriſh the Hair, that it becomes dry, hard and ſmall, the knobs or roots ſo ſhriveled for want of the proper ſupply of moiſter as uſual, and the pores in the ſkin more open for want of the regular diſcharge through them into the Hair. But, obſerve here, that the different climates, have their different effects upon the growth, colour and nature of the Hair, for inſtance,

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the northen cold climate produces a great number of red haired people, and particularly the dark red Hair, is very ſtrong, and frequently when they are hot, their breath and perſpiration is very naucious and diſagreeable, which is occaſioned from want of relaxation of the pores, or regular diſcharge of that vaporious excrement which purify both body and blood; and the moderate climate, produces moſtly fair and light brown colours; the very hot climate, black and curly, or frizly Hair; now as to the management of childrens Hair, is particularly to keep it clean, from dirt and vermin, &c. as they effectually prevent its growing; nits being of ſuch a clammy nature, that nothing is yet found out, ſufficient with labour to extricate them from the Hair, and when they are in great numbers upon the Hairs, as I have ſeen them, they not only prevent its growth, but by eating out all the ſubſtance it contained, ſo that it becomes in compariſon, like the withered branches of a decayed tree, for they even eat the Hair into a powder, therefore there is nothing ſo good as keeping the head clean, the Hair moiſt with freſh pomatum, for either young or old; the ſubject on bears greaſe, I will not treat upon, as it is very good; but to thoſe who find it better than other pomatums, I leave its further praiſe; one thing I will ſay, people in general are more particular, or pointed in uſing the bears greaſe pomatum, than others, which is a great deal in its favour, and will ſeldom fail to anſwer the purpoſe, if regularly continued with any pomatum.

Rum and oil will be found to be of infinite ſervice tothe Hair; if coming off, not by daily application, but once a week or ten days, and ſo continue as long as it comes off,

off, for inſtance, take of the beſt rum, as much as will wet the ſkin of the head all over, into which, put rather leſs than a fourth part of ſweet oil, and rub upon the head as much as you can, and not on the Hair; and the propereſt time is at night; and the head ought to be clean, or free from powder, as the good of the rum is to exaggerate, oppreſs, or extract the fullſome ſtagnated, excrement lodged in the pores or roots of the Hair, when at the ſame time, the oil helps to cool and moiſten the roots of the Hair. The rum and oil likewiſe is very good for preventing the ſcurvy in the head.

Here I think proper to lay down the nature and bad effects of wigs, tetes, and large cuſhions, &c. vaſt numbers of people wear thoſe trifling articles, to the great injury of their health, ſo long that they become diſagreeable and filthy; the cold, dead perſpiration, ſo ſtagnated, acrid and ſtrong, by reaſon of the maſs of ſweat; powder and other various mixed filth, which is ſufficient to bring on many bad diſorders.

Finis.

Entered at Stationers Hall.

To clean your heads with powder, you are all free,
And ſo is Mr. Pitt, to the Itch and Heart-burn for me.

MVSEVM
BRITAN
NICVM